

2007 Girls Lacrosse Evaluation Guidelines

General Session February 2, 2007

Lightning Girls	A-K	5:00-6:00 PM	L-Z	6:00-7:00 PM
Midget Girls	A-K	7:00-8:15 PM	L-Z	8:15-9:30 PM
Juniors		9:30 – 11:00 PM		

Make-up and A Team Evaluations February 9, 2007

Any player unable to attend the General Session on 2/2 is invited to attend a 30 minute evaluation on February 9. This date will also be used to evaluate any player that wishes to try out for their age group A team. All players trying out for the A team must also attend the February 2 General Session. Scores from both evaluations will be used to select A teams. Please email the appropriate age group coordinator if you plan on attending the A evaluation for planning purposes.

Lightning

Make-up	5:00-5:30
A Team	5:30-7:00

Midget

Make-up	7:00-7:30
A Team	7:30-9:00

Juniors

Make-up	9:00-9:30
A Team	9:30-11:00

I. Sign-in

- A. Pass out name numbered pennies.
- B. Pass out summary of evaluations
- C. Pass out schedule for upcoming events and spring season.

Players enter name for drawing for ball-girl at Loyola College Women's Lacrosse game

- D. Pass out from fatigue.

Please arrive 30 minutes prior to your assigned time slot with goggles, mouthguard and all equipment, including water bottle. Be ready to go at your time, not walking in the door !! Being late will disrupt and slow down the entire evaluation.

Spirit / Clinic 5-6

Teams will be divided into no less than 8 per team based on registration. Each team will receive equal numbers of players with one or no years of experience.

Tyker 7-8

To select Tyker teams we use coach's comments from the previous year (from Tyker and Clinic Coaches) and place the players into even teams. Players experience and ages are used to help form balanced teams. Tyker plays in MYLA, in the single league format (no A, B or C).

Lightning 9-10

I. Introduction

A. Goals of program at each level addressed as it applies to Lightning.

1. Tyker: ground balls, dodging, shooting a must with kids learning passing/catching and positions. More individual skills than team play seen.
2. Lightning: g.b's, dodges/shoots, better passing/catching, checking, better team play and position awareness.

B. Today's evaluation

1. Purpose: To determine at which Lightning level each child will best be able to develop skills and compete while developing a love of the game and confidence in herself.
2. Skills stations: Ground Balls, cradling, dodging, shooting, passing, catching, defense
3. Experience: aggression, demeanor, maturity, response to direction, "game smarts"

C. Evaluators

1. Brief intro
2. Mention programs to develop coaches.

II. Stations

A. Ground Balls

1. Chase down loose ball by self.
2. Chase down in one-on-one fashion.
3. Pick up ball through gauntlet of checkers.

B. Cradling

1. Cone drill with hand switching.
2. Switching hand drill.

C. Dodging/shooting

1. Dodge by self after catch and shoot.
2. Dodge defender and shoot.
3. Catch passes on run and shoot.

D. Passing/catching

1. Stationary pass/catch on three corners of box.
2. Leading passes on three corners of box.
3. Three in line passing to end of field drill- emphasizes passing/catching with both hands.

III. Scrimmage

- A. 5 v. 5 or 6 v. 6. depending on size of field and number of girls.

IV. Closing remarks

- Remind parents of A team evaluations following Friday.
- Give timeframe for following eval process.

Review expectation of families to attend practices and game. Lacrosse is the “in-season” sport in the spring.

Midget 11-12

Evaluation: A - K 7:00 - 8:15
L - Z 8:15 - 9:30

NOTE: There are 25 first time players in Midget this year !! These players will be invited to join an eval group of other first time players to receive extra training focusing on the basics, while participating in the overall eval.

Purpose: Evaluate each player’s skills and attitude to determine midget - level team alignment.

Review evaluation process

- a. Introduce evaluators
- b. goals - grade each girl’s skill & attitude without favoritism & provide direction to girls in a positive demeanor.
- c. review grading system

Warm up

Stretch arms, legs, shoulders, neck & midsection

Stations

I. Ground Balls

- a. solo
- b. one on one
- c. two on one with pass to teammate
- d. three on two with pass to teammate

II. Passing/Catching

- a. Stationary pass/catch
- b. Dominant/Nondominant: one to one, three across to goal
- c. Offensive four on three to goal

III. Defense

- a. Four on three
- b. sliding
- c. clearing ball

IV. Goalie: experience & willingness to play goalie. Have goalie in goal during offensive drills and scrimmage.

Scrimmage: Half field & Full field scrimmage

- a. Offense: ball movement, passing, cradling to protect ball, field awareness, shooting on goal.
- b. Defense: marking up, double team, slide to assist, clear ball to offense

Collect evaluation forms from volunteers.

Conclusion:

Thanks parents and participants for attending. Give everyone an idea of timeframe to select coach's and teams.

Junior Evaluations:

The format of the evaluation will include individual and group participation as well as game simulation. The four major criteria (explained below) will be used in the evaluation process. They represent the skills and abilities an individual player should demonstrate. They are typical of what is expected of entering high school lacrosse players.

- Lacrosse skills
 - Basic: passing, catching, and ground ball recovery with dominant hand
 - Advanced: passing, catching, and ground ball recovery with non-dominant hand (This includes willingness/attempt to switch hands; not switching is much worse than switching and dropping/losing the ball)
- Field presence
 - Basic: knowledge of positions in the field of play: attack, midfield, defense
 - Attack
 - Moving without the ball
 - Shooting
 - Defense
 - Establishing the perimeter defensive positioning
 - Sliding and double-teaming.
 - Advanced
 - Willingness to play any position
 - Acknowledgement of when switching hands is necessary based on position
 - Willingness of an offensive player to play defense upon loss of possession and vice versa
- Knowledge of rules
 - Basic: off sides, 3-second rule, hard boundaries, no empty stick checking, no jewelry
 - Advanced: proper checking technique: only checks away from the body and below the shoulder
- Attitude
 - Actively listening to coaches and evaluators

- Ability to recognize lacrosse is a Team sport (every member contributes to the success of the team)

From the above criteria the evaluators will rank players at a level that corresponds to the playing levels (A, B, and C) established by MYLA (Maryland Youth Lacrosse Association; see <http://myla.vjc.edu>). Based upon these rankings, a “team alignment” will be selected that meets the needs of the majority of the players.

Team Alignment is based upon the governing rules of the MYLA. Specifically, to qualify the junior teams for the year-end MYLA playoffs, the team alignment would have to be BC, BB, AB or AA, using the assumption of fielding two teams. If the team alignment resulted in two or more teams at the same level (AA, BB, or CC), MYLA requires players to be divided between the teams to create two even teams.

Please remember to bring

- Pinnie
- Mouth guard
- Goggles
- Water bottle
- Lacrosse gloves (highly recommended but not required)

Players desiring to play goalie will be given the opportunity to demonstrate their ability during evaluations. If you are interested in playing goalie, please see the Evaluation Coordinator at the beginning of the evaluations.

Thank you for participating in our evaluation. Our goal is developing a fair process to all players and families. If you have any questions or comments about the evaluation process, please contact Commissioner Bill Litsinger, or your Age Group Coordinator. All contact information can be found at www.herefordlacrosse.org.

Directions:

1. West on Mt. Carmel Road / MD 137 7.4 miles
2. Left on Pleasant Meadow Rd. 1.1 Miles
3. Right on Blackrock Road / MD-88 Follow MD-88 1.9 Miles
4. Enter roundabout and take second exit onto Blackrock Road 0.80 miles
5. Right on Main Street / MD-30. Follow MD-30. 0.40 miles
6. Left on MD-482 / Hamstead-Mexico Road 2.6 Miles

7. End at 2710 Hamstead Mexico Road.

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Age Groups

Clinic	2000, 2001
Tyker	2000 with one year clinic, 1999, 1998
Lightning	1996, 1997
Midget	1994, 1995
Junior	1992, 1993